

Supplementary Table 1

Baseline characteristics of participants stratified by total dairy consumption categories<sup>1</sup>

	<200 g/d	200-399 g/d	400-799 g/d	≥ 800 g/d
Number of women	236	314	243	42
Age at entry, yr	69.1 (59.5-80.6)	70.4 (60.6-80.8)	69.5 (58.7-77.0)	72.5 (64.2-79.2)
Body mass index, kg/m <sup>2</sup>	26.1 (23.2-29.7)	27.0 (23.7-30.4)	25.9 (23.6-29.7)	25.3 (23.5-27.1)
Milk, <i>n</i> (%)				
No milk	55 (26)	6 (2)	9 (4)	0 (0)
<250 mL/d	177 (76)	203 (65)	12 (5)	1 (2)
250-500 mL/d	2 (1)	105 (33)	178 (73)	1 (2)
>500 mL/d	0 (0)	0 (0)	44 (18)	40 (95)
Yogurt, g/d	0.0 (0.0-0.0)	0.0 (0.0-57.1)	28.6 (0.0-85.7)	85.7 (57.1-142.8)
Cheese, g/d	6.9(2.3-13.7)	9.1(4.6-16.0)	16.0 (8.9-31.4)	16.0 (8.0-35.4)
Ice-cream, g/d	0.0(0.0-7.7)	0.0(0.0-7.7)	1.0(0.0-11.6)	0.0 (0.0-7.7)
Bone mineral density, g/cm <sup>2</sup>	0.809 ± 0.152	0.830 ± 0.162	0.843 ± 0.147	0.790 ± 0.132
Whole-body fat, kg	27.2 (20.3-33.1)	27.1 (20.3-33.1)	25.9 (20.8-32.7)	27.4 (27.4-27.4)
Lean mass, kg	36.8 ± 5.0	37.3 ± 4.4	37.4 ± 4.6	36.4 ± 4.0
Dietary calcium, <i>n</i> (%)				
<1000 mg/d	231(100)	310 (99)	157 (65)	0 (0)

≥1000 mg/d	0 (0)	3 (0.9)	86 (35.4)	41 (100)
Falls in the past, <i>n</i> (%)	43 (19)	68 (22)	49 (20)	11 (26)
Fractures in the past, <i>n</i> (%)	90 (38)	112 (36)	79 (33)	21 (50)
Incident cancer, <i>n</i> (%)	30 (13)	48 (15)	30 (12)	8 (19)
Diabetes, <i>n</i> (%)	17 (11)	25 (12)	23 (13)	4 (14)
Hypertension, <i>n</i> (%)	144 (61)	199 (63)	145 (60)	25 (60)
Smoking, <i>n</i> (%)				
Smokers	28 (13)	24 (8)	21 (9)	3 (7)
Non-smokers	208 (88)	290 (92)	222 (91)	39 (93)
Mobility, <i>n</i> (%)				
Highly active	109 (47)	152 (48)	134 (55)	20 (48)
Less active	125 (53)	162 (52)	109 (45)	22 (52)
Supplemental calcium, <i>n</i> (%)	34 (14)	40 (13)	30 (12)	12 (29)
Supplemental vitamin D, <i>n</i> (%)	30 (13)	37 (12)	23 (10)	10 (24)
Bisphosphonates, <i>n</i> (%)	1 (0.4)	3 (1)	4 (2)	0 (0)
Anabolic therapies, <i>n</i> (%)	0 (0)	0 (0)	0 (0)	0 (0)
HT, <i>n</i> (%)	37 (16)	49 (16)	36 (15)	4 (10)
IRSD <i>n</i> (%) / quintile				
1	37 (16)	71 (23)	42 (17)	5 (12)
2	48 (20)	73 (23)	48 (20)	12 (29)

3	64 (27)	61 (19)	57 (23)	10 (24)
4	39 (17)	55 (18)	36 (15)	9 (21)
5	48 (20)	54 (17)	60 (25)	6 (14)
Education, <i>n</i> (%)				
<12 years	205 (89)	275 (88)	207 (86)	35 (83)
≥12 years	26 (11)	37 (12)	34 (14)	7 (17)
Marital status, <i>n</i> (%)				
Living with partner	91 (39)	149 (48)	103 (42)	27 (64)
Living alone	143 (61)	165 (53)	140 (58)	15 (36)

<sup>1</sup>Data reported as mean± SD, median (IQR) or *n* (%); Total dairy comprises milk, cheese, yogurt and ice-cream